

Full Report (All Nutrients) 17373, Lamb, New Zealand, imported, heart, raw

Report Date:October 23, 2015 02:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Lamb, Veal, and Game Products**Nitrogen to Protein Conversion Factor:6.25****Refuse:24% Refuse Description: Connective tissue 10% Separable fat 14%**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g
Proximates					
Water ¹	g	77.84	1	--	87.96
Energy	kcal	105	--	--	119
Energy	kJ	441	--	--	498
Protein ¹	g	18.09	1	--	20.44
Total lipid (fat) ¹	g	3.68	1	--	4.16
Ash ¹	g	1.13	1	--	1.28
Carbohydrate, by difference	g	0.00	--	--	0.00
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
Minerals					
Calcium, Ca ¹	mg	5	1	--	6
Iron, Fe ¹	mg	3.29	1	--	3.72
Magnesium, Mg ¹	mg	20	1	--	23
Phosphorus, P ¹	mg	204	1	--	231
Potassium, K ¹	mg	277	1	--	313
Sodium, Na ¹	mg	94	1	--	106
Zinc, Zn ¹	mg	1.65	1	--	1.86
Copper, Cu ¹	mg	0.412	1	--	0.466
Manganese, Mn ¹	mg	0.022	1	--	0.025
Selenium, Se ¹	µg	10.9	1	--	12.3
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin ¹	mg	0.520	1	--	0.588
Riboflavin ¹	mg	0.537	1	--	0.607
Niacin ¹	mg	5.757	1	--	6.505
Pantothenic acid ¹	mg	2.244	1	--	2.536
Vitamin B-6 ¹	mg	0.144	1	--	0.163
Vitamin B-12 ¹	µg	8.40	1	--	9.49
Vitamin A, RAE	µg	5	--	--	6
Retinol ¹	µg	5	1	--	6
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	18	--	--	20
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol) ¹	mg	0.65	1	--	0.73
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol) ¹	µg	0.0	1	--	0.0
Vitamin D ¹	IU	1	1	--	1
Lipids					
Fatty acids, total saturated	g	0.995	--	--	1.124
4:0	g	0.000	--	--	0.000
6:0 ¹	g	0.000	1	--	0.000
8:0 ¹	g	0.000	1	--	0.000
10:0 ¹	g	0.004	1	--	0.005
12:0 ¹	g	0.007	1	--	0.008
14:0 ¹	g	0.052	1	--	0.059
16:0 ¹	g	0.337	1	--	0.381
17:0 ¹	g	0.040	1	--	0.045
18:0 ¹	g	0.536	1	--	0.606
20:0 ¹	g	0.004	1	--	0.005
22:0 ¹	g	0.017	1	--	0.019

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g
24:0 ¹	g	0.000	1	--	0.000
Fatty acids, total monounsaturated	g	0.517	--	--	0.584
14:1 ¹	g	0.004	1	--	0.005
15:1 ¹	g	0.000	1	--	0.000
16:1 undifferentiated ¹	g	0.022	--	--	0.025
16:1 c ¹	g	0.015	1	--	0.017
16:1 t ¹	g	0.007	1	--	0.008
17:1 ¹	g	0.000	1	--	0.000
18:1 undifferentiated ¹	g	0.492	--	--	0.556
18:1 c ¹	g	0.421	1	--	0.476
18:1 t ¹	g	0.071	1	--	0.080
20:1 ¹	g	0.000	1	--	0.000
22:1 undifferentiated ¹	g	0.000	--	--	0.000
22:1 c ¹	g	0.000	1	--	0.000
24:1 c ¹	g	0.000	1	--	0.000
Fatty acids, total polyunsaturated	g	0.646	--	--	0.730
18:2 undifferentiated ¹	g	0.340	--	--	0.384
18:2 n-6 c,c ¹	g	0.308	1	--	0.348
18:2 CLAs ¹	g	0.033	1	--	0.037
18:2 t,t ¹	g	0.000	1	--	0.000
18:3 undifferentiated ¹	g	0.096	--	--	0.108
18:3 n-3 c,c,c (ALA) ¹	g	0.096	1	--	0.108
18:3 n-6 c,c,c ¹	g	0.000	1	--	0.000
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c ¹	g	0.000	1	--	0.000
20:3 undifferentiated ¹	g	0.007	--	--	0.008
20:3 n-6 ¹	g	0.007	1	--	0.008
20:4 undifferentiated ¹	g	0.091	--	--	0.103
20:4 n-6 ¹	g	0.091	1	--	0.103
20:5 n-3 (EPA) ¹	g	0.059	1	--	0.067
22:5 n-3 (DPA) ¹	g	0.032	1	--	0.036
22:6 n-3 (DHA) ¹	g	0.021	1	--	0.024

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	4.0 oz 113g
Fatty acids, total trans	g	0.078	--	--	0.088
Fatty acids, total trans-monoenoic	g	0.078	--	--	0.088
Cholesterol ¹	mg	119	1	--	134
Amino Acids					
Tryptophan ¹	g	0.200	--	--	0.226
Threonine ¹	g	0.863	--	--	0.975
Isoleucine ¹	g	0.810	--	--	0.915
Leucine ¹	g	1.397	--	--	1.579
Lysine ¹	g	1.580	--	--	1.785
Methionine ¹	g	0.590	--	--	0.667
Cystine ¹	g	0.237	--	--	0.268
Phenylalanine ¹	g	0.712	--	--	0.805
Tyrosine ¹	g	0.627	--	--	0.709
Valine ¹	g	0.921	--	--	1.041
Arginine ¹	g	1.218	--	--	1.376
Histidine ¹	g	0.383	--	--	0.433
Alanine ¹	g	0.899	--	--	1.016
Glutamic acid ¹	g	2.527	--	--	2.856
Glycine ¹	g	0.773	--	--	0.873
Proline ¹	g	0.580	--	--	0.655
Serine ¹	g	0.617	--	--	0.697
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Beef + Lamb New Zealand Limited New Zealand Beef + Lamb Study, 2012 Wellington